



Public invited to 2 BigHearts Foundation annual 5K Run/Non-Competitive Walk on May 29

**April 30, 2010
Immediate Release**

La Porte, IN - The 2 BigHearts Foundation, in conjunction with the La Porte Hospital Foundation, invites the public to the 6th Annual 5K Run/Non-Competitive Walk on Saturday, May 29.

Proceeds from the event benefit the 2 BigHearts Foundation, an organization devoted to increasing awareness of heart disease in women.

The event is held at the Long Beach Community Center, 2501 Oriole Trail. The scenic course is diverse and hilly, and includes a stretch along Lake Michigan as well as the Long Beach Country Club golf course.

To register online, visit www.2bighearts.org. Registration at the event runs from 7 to 8:30 a.m. The run/walk begins at 9 a.m.

Staff from the Heart and Vascular Institute of La Porte Regional Health System will be on hand for those with any questions. Free blood pressure screenings also will be available to those interested.

Costs are \$25 if pre-registered before May 27, including T-shirt; \$20 if pre-registered before May 27, not including T-shirt; \$30 if registered after May 27, including T-shirt; \$25 if registered after May 27, not including T-shirt. A \$5 discount is available for Calumet Striders Gold Cup runners who register before May 27.

Awards include overall and masters division male and female winners. Prizes by age group per Calumet Striders Gold Cup Race Series will be awarded as well.

The 2 BigHearts Foundation was established by Jim Clarke, whose wife Gigi, 44, and sister-in-law Sally Czechanski, 49, died on the same day, June 25, 2004, following heart attacks. Both women suffered from previously undiagnosed cardiomyopathy or enlargement of the

heart muscle. The Foundation has since raised awareness of heart disease in women and provides much-needed heart screenings to women, free of charge. To date, the Foundation has arranged for more than 1,000 women to receive free heart screenings, in part with La Porte Regional Health System through the La Porte Hospital Foundation. For more information, visit www.2bighearts.org.

For more information:

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